

7 Ways to Lose Belly Fat on the Keto Diet

If you're on the keto diet and looking to lose belly fat, there are several ways to do it. Following the keto lifestyle can help reduce abdominal fat, but you can also specifically target your belly fat with these seven methods. Follow these tips if you want to get rid of that stubborn belly fat and start showing off your six pack!

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1. Eat Low Carb

A keto diet is a very low-carb diet, where the body produces ketones in the liver to be used as energy instead of glucose. This is achieved by following a high fat, moderate protein and low carb intake with plenty of fruit and vegetables. The keto diet requires an individual to drastically reduce their carbohydrate intake, only allowing 20-30 grams per day. This will allow your body to go into a state called ketosis, where it begins using fat for fuel as opposed to carbs.

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2. Avoid Sugar

The keto diet is a low-carb, high-fat diet. Low-carb diets have been proven time and time again to help with weight loss. But it's important that you eat only healthy fats like avocados, coconut oil, and olive oil. These healthy fats are going to keep you feeling full for much longer than sugars will. Plus, these types of fats are good for your body in many other ways too!

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3. Consume Enough Protein


The ketogenic diet is a high-fat, low-carb diet that puts your body into ketosis. Ketones are created as a byproduct of fat metabolism and provide energy for cells in your body. Consuming enough protein can help your body stay in ketosis by avoiding gluconeogenesis (the production of glucose from non-carb sources).



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4. Do Intermittent Fasting

Intermittent fasting is a technique that requires you to be aware of when your last meal was and when your next one will be. It also requires that you fast for extended periods of time between those meals. For instance, instead of eating breakfast at 7:00 AM, you would skip breakfast and wait until 12:00 noon before eating anything. Instead of eating lunch at noon, you would skip lunch and eat dinner at 6:00 PM.

 THE 16:8 DIET							
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MIDNIGHT							
4 AM	FAST	FAST	FAST	FAST	FAST	FAST	FAST
8 AM							
12 PM	First meal	First meal	First meal	First meal	First meal	First meal	First meal
4 PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM	Last meal by 8PM
8 PM							
MIDNIGHT	FAST	FAST	FAST	FAST	FAST	FAST	FAST

5. Drink Water

Water is important for a lot of reasons, including weight loss. One study published in The Journal of Clinical Endocrinology and Metabolism found that drinking water before meals can lead to weight loss. Drinking about 17 ounces (half a liter) of water before eating helped people lose an average of 2 pounds over 3 months! Water also helps flush out your system, which can help you feel less bloated and more energized.

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6. Sleep Well

One of the most important things you can do for your health is to get enough sleep. The National Sleep Foundation recommends that adults get 7-9 hours of sleep per night. If you're not getting enough, your body and mind will suffer. Here are a few reasons why it's important for you to get enough sleep:

* You'll have more energy throughout the day * You're less likely to overeat * Your mood will improve * Your brain will function better

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7. Cut Back On Alcohol and Caffeine

One of the best ways to lose belly fat is by cutting back on alcohol and caffeine. Alcohol contains empty calories, which can lead to weight gain. And even though coffee has many health benefits, drinking too much can be detrimental for those who are trying to lose belly fat.



